

North African Chicken & Rice (Slow Cooker)

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Servings: 8

*1 medium onion, diced
1 tablespoon olive oil
8 (two pounds) boneless/ skinless chicken thighs
1 tablespoon fresh cilantro, minced
1 teaspoon ground turmeric
1 teaspoon paprika
1 teaspoon sea salt
1/2 teaspoon pepper
1/2 teaspoon ground cinnamon
1/2 teaspoon chili powder
1 cup golden raisins
1/2 to one cup chopped pitted green olives
1 medium lemon, sliced
2 cloves garlic, minced
1/2 cup chicken broth or water
4 cups hot cooked brown rice*

Preparation Time: 10 minutes

Slow Cooker Time: 4 hours

In a three- or four-quart slow cooker, combine the onion and oil. Place the chicken thighs on top of the onion. Sprinkle with the cilantro, turmeric, paprika, sea salt, pepper, cinnamon and chili powder.

Top with the raisins, olives, lemon and garlic. Add the broth.

Cook, covered, on LOW heat until the chicken is tender, four to five hours.

Serve with hot cooked rice.

Even if olives are not your favorite, don't leave them out entirely - just go with 1/2 cup. They add a nice underlying flavor as well as a little saltiness to the dish.

Per Serving (excluding unknown items): 88 Calories; 2g Fat (17.6% calories from fat); 1g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 240mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 1/2 Fat.